Year 10 Subject Selection

Feilding High School

Course Planning

When planning your Year 10 Subject Selection for 2026, keep the following in mind:

- The subjects you take in Year 10 impact on subjects available to you in Year 11
- If you have a particular career in mind, research the requirements to ensure your subject choices create a pathway to get there
- If you are unsure remember you have the following people you can talk to:
    - Your Whānau
    - Your Teachers
    - Faculty Leaders
    - Your Dean

Your Year 10 Course

- A Year 10 course consists of five core subjects. English, Mathematics, Social Studies and Science are full year courses. Physical Education and Health is a half year course.
- Typically, students will also take three other half year option equivalents. For example,

  3 half year options
  1 full year option, eg Te Reo Māori (10MAO1 & 10MAO2), plus a half year option
- A student may choose 2 full year options, four half year equivalents, with the permission of the principal. Special dispensation is required to forgo the half year Physical Education and Health course. For example, full year Te Reo Māori and full year Music.
- Entry into Sport Performance is approved by the Head of Sport.
- A student may choose two Sports Performance options. This would require the student to forgo the half year Physical Education and Health course. A further two half year equivalent courses would then need to be chosen.

Selecting your Subject Choices

Your subject selection will be made on the Parent Portal. The Parent Portal can be accessed via the 'Quick Links' menu on our school webpage or directly via the following address: https://feildinghigh.school.kiwi

We will try to fulfil the wishes of students and their whānau in selecting subjects, but the school reserves the right to limit or modify classes according to:

- The ability and needs of the student
- Available staffing, resources, and timetable restrictions.

Year 10 English

Students will have four classes each week for the whole year.

The Year 10 English course has two primary focuses.

Firstly, students will build on the fundamentals they have learned in Year 9. This includes reading, spelling, punctuation and grammar skills. Students will also solidify their understanding of good editing practices in their written work.

Assessments at Year 10 include Response to Text, Visual Language, Speech and Writing Portfolio.

Students will sit the Literacy CAAs in the first NZQA window.

At the end of Year 10, a class placement recommendation for Year 11 will be made by the student's teacher. The student will be placed in the appropriate Year 11 course by their year level Dean.

Year 10 Mathematics

- Students will have four classes each week for the whole year.
- The Year 10 Mathematics course is split into a range of topics including measurement, algebra, statistics, probability, geometry, and number.
- There will be specific Numeracy skills learnt throughout the year. Students will attempt the NCEA Numeracy corequisite in either Term 2 or Term 3.
- The school provides two weekly Mathematics tutorials to complement students learning by providing extra support.

At the end of Year 10, the class placement for Year 11 will be made based on the students' achievement throughout the year, and by using their teacher's recommendation. The student will be placed in the appropriate Year 11 course by their year level Dean.

Year 10 Science

Students will have four classes each week for the whole year.

Junior Science develops scientific knowledge, making learning as practical as possible. Students will develop their investigation, planning, and data collection skills via a variety of different contexts throughout the course. Students will use a wide range of glassware, chemicals, electrical, and other equipment.

The contexts and units of work we study may change a little as we adapt to the new curriculum, but may include:

Physics
- Energy
- Electricity

Biology
- Body Systems 2.0 - Cells and Reproduction
- Plant Biology

Chemistry
- Atoms and Everyday Reactions
- Carbon Chemistry

Earth and Space
- The Expansive Heavens / Te Rangi Whānui
- Te Taiao – Earth's systems

At the end of Year 10, a class placement recommendation for Year 11 will be made by the student's teacher. The student will be placed in the appropriate Year 11 course by the Teacher in Charge of Year 11 Science.

Year 10 Social Studies

Students will have four classes each week for the whole year

In Social Studies we explore:
- Why people hold different perspectives on world issues and practices,
- How people participate in communities through the roles they hold and their beliefs and values,
- How people's interactions over time have changed societies and environments
- How people's lived experiences have been shaped by the use and misuse of power.

During Yr10, students learn about the unique bicultural nature of our New Zealand society, the history of Aotearoa New Zealand and the relevance and importance of te Tiriti. They will explore some unique places where people live, key geographical processes and skills, and factors that impact the liveability of places today. They will also be learning about human rights and the impacts of globalisation, consumerism, and social activism. Through this

learning we aim to support them to develop into critical, informed, responsible, and active citizens.

At the end of Year 10 students can select to continue learning in the social sciences through Year 11 Geography, History and/or Commerce and from Year 12 we offer Accounting, Business Studies, Economics, Geography, History, Psychology, Senior Social Studies and Tourism.

Arts

Art – 10ART	
Introduction	In Year 10 Art, students will complete a range of projects which prelude senior pathways in disciplines of painting, photography, graphic design and sculpture. Students will explore a wide range of practical techniques and mediums as well as some theory of Art. In Visual Art students gain valuable skills in making critical judgements, problem solving, interpreting and celebrating multiple perspectives, and communication. Year 9 Art is recommended but not essential.
Course Content	Students will cover the following topics: • Drawing • Painting • Printmaking • Digital Art/Graphic Design • Photography • 3D Sculpture • Art theory
How will I learn?	In Visual Art students learn in a variety of ways: • Investigation of artworks and their contexts • Selection and application of practical art techniques • Generate, develop and refine ideas • Communication as well as interpretation through visual language
Subject Progression	Year 10 Art preludes Year 11 Art. In Years 12 and 13 students can specialise in Painting, Photography, Art Design and Sculpture.

Drama - 10DRA	
Introduction	In Year 10 Drama students will develop their drama techniques and elements to present effective and inventive performances. With a focus on teamwork and improvisation, working with scripts and historical features, students will gain confidence in their own performance ability and learn to reflect on their process and the work of others. Year 9 Drama is a preferable prerequisite but not essential – good attendance and an ability to work in groups is key.
Course Content	Students will cover the following topics: • Teambuilding and improvisation • Greek Theatre and Chorus Conventions • Short scripts • Performance of a Class Production (Comedy) • Theatre technologies (lighting, costume, props, stage management) • Reflection and documentation of process Extra rehearsal time outside of class may be required for some performances. They will be required to provide some basic costuming (such as stage blacks) for some performances.
How will I learn?	In Drama students can learn in a variety of ways: • Performance/Acting

	• Leadership and teamwork • Reflection, discussion and planning • Research and character development • Creating, devising and crafting their own work
Subject Progression	Year 10 Drama can lead to a full Year 11 course. This then leads to Year 12 and 13 Drama, where Scholarship is also an option. Level 2 and 3 are full NCEA courses and UE pathways.

Music – 10MUS	
Introduction	Music can be chosen as a half year 10MUS1 or a full year 10MUS1 & 10MUS2 Students can continue to play concert band instrument introduced in Year 9 Music or choose a non-concert band instrument such as guitar, piano, vocals, or drums. Students are required to attend instrumental lessons through the school itinerant program (no cost to 10MUS students) or privately and can play multiple instruments. Students must have a laptop and headphones for this subject.
Course Content	Students will cover the following topics: • Performance – This will include performing as a class band, in small groups and as a soloist • Music Technology – Working with music software program SoundTrap on laptops • Music Works – Studying artists, genres, and film music • Keyboard and Guitar – Developing keyboard and guitar skills • Music Theory – Working as a class or individually to improve music theory
How will I learn?	In Music, students can learn in a variety of different ways; • Performance • Group work • Investigation of music and it's context • History of music • Music theory • Music technology and composition
Subject Progression	Students can go on to take Music in the senior school – 11 Music is performance and theory based, 11 Music Industry is technology, lighting and recording/producing based. Level 2 and 3 continues with options to take either or both Music and Music Industry, progressing from knowledge learned at level 1. Year 13 Music is a University Entrance approved subject.

Languages

French – 10FRE (10FRE1 & 10FRE2)	
Introduction	Year 9 French
Course Content	Students cover the following topics which are subject to change: • Describing ourselves and other people. • Directions and locations around town. • La maison (the home), daily routines. • French around the world. • Listening, speaking, reading and writing skill development.
How will I learn?	Students will learn through a variety of written, spoken, and listening tasks, using written and digital resources.
Subject Progression	This course is a prerequisite for Year 11 French Te Kura.

Media Studies – 10MED	
Introduction	No previous Media Studies experience required. We start at Year 10.
Course Content	Students will cover the following topics: • Genre Study, how and why films of the same genre are similar • Audiences. How different media is made to appeal to different target audiences. • Production. Major project that involves planning, filming, and editing a film trailer.
How will I learn?	A balance between bookwork and digital work. Students will get plenty of notice for when laptops are required.
Subject Progression	Although not a requirement, experience in 10MED is very beneficial for landing a place in 12 and 13 Media Studies.

Te Reo Māori – 10MAO (10MAO) (Semester two ONLY)	
Introduction	At least two terms of Yr 9 Te Reo
Course Content	Students will cover the following topics: • Whānau and whanaungatanga • Writing and illustrating children's books • Describing people and places • Mihimihi and Karapipiti
How will I learn?	By engaging in reading, writing, listening and speaking activities
Subject Progression	This course is a prerequisite for NCEA Level One Te Reo Māori

Te Ao Haka – 10HAKA (10HAKA) (Semester one ONLY)	
Introduction	No prior experience needed however experience in kapa haka would be an advantage. A passion for Maaori Performing arts and willingness to explore the art of Kapa Haka is essential.
Course Content	• Foundation Maaori Performing Arts – Basics of kapa haka. • Ngaa Taakaro Maaori – Pastime games. • Mau Raakau – Traditonal Maaori Weaponry. • Te Ao Haka – Kapa Haka. • Poowhiri. • Whakaaturanga – Performance & skits.
How will I learn?	By engaging in reading, writing, listening, speaking, singing and haka activities
Subject Progression	This course is a prerequisite for NCEA Level One Te Ao Haka.

Physical Education

Physical Education and Health - 10PEH	
Entry Requirements	Compulsory for all Year 10 students. Students are required to have FAHS PE gear for practical lessons.
Course Content	Students will cover the following topics: • Challenges & Connections: Problem solving, interpersonal skills, skill development • Teamwork & Togetherness: Interpersonal skills, roles within a team, tactics & strategies • Health is Wealth: Benefits of movement, physical improvement, taking ownership • Mental Health & Resilience • Sexuality
Assessment	Students are assessed holistically over the course of the programme by their teacher in the following areas: • Belong – Cooperation and leadership • Engage – Self management and level of participation • Succeed - Skill improvement & tactical awareness
How will I learn?	Actively participating in all lessons.
Subject progression	Year 11 Sport Science, Year 11 Physical Education.

Sport Performance - 10SPBB, 10SPRY, 10SPNB, 10SPFB, 10SPHY	
Entry Requirements	A high level of participation/performance in Year 9 Sport Performance and/or current involvement in FAHS sports teams are expected for this course. Students are required to have FAHS PE or Sport gear for practical lessons. Each sport performance option has specific equipment that students must bring to every lesson. Spaces are limited.
Course Content	Students will cover the following topics: • Game sense and understanding of tactics • Skill development across a range of areas • Work ethic and commitment • Preparation & Recovery • Mental skills for sport
Assessment	Students are assessed holistically over the course of the programme by their teacher in the following areas: • Belong - Work ethic & commitment • Engage – Game understanding • Succeed – Skill development
How will I learn?	Actively participating in all lessons.

Science

Agriculture – 10AGR	
Introduction	Students will be given a broad overview of what farmers do to produce high quality products in the paddock to gate topic. Students will also conduct a practical investigation on the impact that fertiliser has on plant growth and cover aspects on livestock digestion, reproduction and health.
Course Content	Students will cover the following topics: • Farm safety • Soils and pasture science • Paddock to gate – what farmers do to enhance quantity and quality of primary products. • Practical investigation – impact of fertiliser • Livestock production – animal reproduction, digestion and health
How will I learn?	From classroom lessons, visits to the school farms, and farm duty.
Subject Progression	This course is a prerequisite for students to take 11 Agricultural and Horticultural Science or 11 Primary Industries. Students are required to pass the end of option exam or at TIC discretion.

Horticulture – 10HRT	
Introduction	Students will be provided with a broad overview of the New Zealand horticulture industry and the role it plays in our economy. There is a focus on practical skills within this course and students will be responsible for planning and running a garden.
Course Content	Students will cover the following practical and theory topics: • Introduction to Horticulture and Safety in the Hort Plot • Soil • Plant structure and production • Hydroponics • Plant propagation • Bees
How will I learn?	Students will have access to the school's horticulture plot facilities. Students will work in the gardens as well as tunnel houses. There is a theory component to this course as well.
Subject Progression	This course is a prerequisite for students to take 11 Agricultural and Horticultural Science or 11 Primary Industries. Students are required to pass the end of option exam or at TIC discretion.

Social Science

Commerce – 10COM	
Introduction	Students will learn how individuals, households, businesses, and the government make decisions and the impacts of these decisions. The Commerce course gives students an introduction to the language and concepts used in Accounting, Business Studies and Economics.
Course Content	Students will cover the following topics: • Income • Budgeting • Resources • Saving and investment • Demand • Entrepreneurial skills • Marketing • Keeping financial statements • Creation of Business Plans
How will I learn?	Students will learn through a variety of tasks such as viewing, reading, writing and class discussions. Students will be involved with making a product which will be sold at a Trade Fair run by the class.
Subject Progression	10 COM is an advantage for Year 11 Commerce, but not a requirement. From Year 12, students can study Accounting, Business Studies and Economics.

Technology

Design and Visual Communication (Graphics) – 10DVC	
Introduction	Students will learn Product design and Spatial design (Architecture & interior design). Students will have the opportunity to design traditionally using pencil and paper or digitally using iPads and CAD software.
Course Content	Students will cover the following topics: • Digital Drawing using iPads • 3D printing and laser cutting • Freehand and instrumental drawing. • To use the design process to formulate their own ideas • Visual communication techniques. • Computer Aided Design (CAD)
How will I learn?	Students will learn through various tasks like Digital Drawing on iPad, paper portfolios and model making. Project work will enable students to develop confidence in drawing, show progression of skills and application of the design process.
Subject Progression	This course is preparation for 11 Design and Visual Communication.

Digital Technology – 10DTE	
Introduction	Students will learn computational thinking within a digital technologies' framework. Students will have the opportunity to design scratch programming, use code and programming to work a Sphero robot.
Course Content	Students will cover some of the following topics: • Students will cover the following topics: • Computer Science • Basic Programming skills • Programming systems and robotics • Developing a digital outcome
How will I learn?	Students will learn through various tasks like Digital programming, Project work will enable students to develop confidence in computer use, show progression of skills and application of the design process. As Digital Technologies is a computer based course, **a device (laptop/Chromebook) is required for this subject.**
Subject Progression	This course is preparation for 11DTE and will develop many skills that underpin the topic in Year 11.

Food Technology – 10FTE	
Introduction	Students will learn how to plan and prepare food safely for themselves and others. They will gain nutritional knowledge, awareness of cultural needs and problem solving through design challenges.
Course Content	Throughout this course, students will explore a wide range of exciting food and nutrition topics, including: • Food Safety and Hygiene • Hauora and Wellbeing • Nutritional Needs for Healthy Living • Cultural Foods from Around the World • Food Design and Technology Challenges • Celebration Foods and Special Occasion Cooking Students will develop the knowledge and practical skills needed to become confident, creative, and capable in the kitchen. They will learn how to design and adapt recipes, prepare nutritious and balanced meals, strengthen their baking techniques, and solve real-world food challenges using creativity, teamwork, and critical thinking. By the end of the course, students will have built a strong foundation in food preparation, nutrition, and culinary skills that they can use both at school and in everyday life.
How will I learn?	Students will use research and theory lessons, along with regular cooking times to gain the knowledge and confidence to prepare nutritional meals and snacks.
Subject Progression	This course is preparation for 11 Food and Nutrition or 11 Hospitality

Technology Hard Materials – 10THM	
Introduction	This course will develop student understanding of technological practice within the context of materials technology with a focus on hard materials such as, but not limited to, wood, metal, and plastic.
Course Content	Students will cover the following topics: • Problem solving • Practical skills in both Wood and Metal • Safety in the workshop • Design and construct a Bluetooth Speaker Dock • Construct engineering patterns to make a Metal Toolbox • Fabrication skills to Construct and race a Metal Dragster
How will I learn?	Students will learn from a combination of the following: sketching, computer aided design (CAD), modelling (prototypes), use of basic tools, machines and specialised equipment including CNC, Laser Cutter and Spot welders
Subject Progression	Students wanting to take Year 11 Construction and/or Year 11 Engineering must have taken Year 10 Hard Materials. Selection is also dependent on students being able to demonstrate both the necessary technical skills and a thorough understanding of health and safety in the workshop.

Technology Textiles – 10TTE	
Introduction	Students will design and make a pyjama set and a hooded sweatshirt. They will learn the skills needed to make these unique garments which are fitted and personalised to themselves.
Course Content	Students will cover the following topics: • Fabric properties; woven and knit fabric • Sketching concepts • Setting up a sewing machine and basic skills • Samples of a range of more advanced sewing techniques • Using a pattern • Sewing stretch fabric • Applique, embroidery
How will I learn?	Students will make samples and test their ideas before designing and making their garments. A combination of theory and skills lessons will give them the confidence and skills needed to do so.
Subject Progression	This course is a desirable foundation for 11 Textiles